

Walk For Your Health



"Simple changes like taking the stairs instead of the elevator, parking a little farther away from your final destination, and walking with a friend on your lunch break will add up to great health benefits over time."

— First Lady Cheri Daniels

Ready, Set, Walk! is a walking program designed to help you achieve your fitness goals for a healthier lifestyle. You will be joining thousands of your fellow Hoosiers—as you walk your way to better health.

First Lady Cheri Daniels knows firsthand the benefits of daily walking. For many years, she has incorporated walking into her fitness routine, and she is leading INShape Indiana's Ready, Set, Walk! campaign. Each year, the First Lady sponsors the "Heartland Walk for Health" at the Indiana State Fair to highlight the connection between daily physical activity and cardiovascular health.

WALKING TIPS

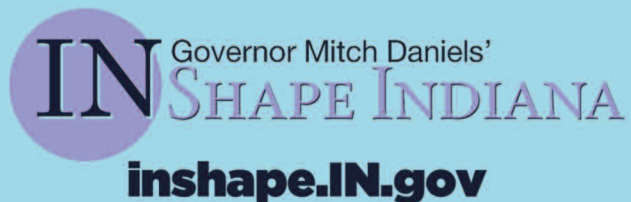
You don't need special equipment or a gym membership to stay healthy. Do what Indiana First Lady Cheri Daniels does: go for a walk!

- **Wear a pedometer.** It's a great way to see just how far you're walking. (And visit inshape.IN.gov to see how you may be able to get a FREE pedometer!)
- **Track your progress.** Use the Walking Log in this brochure to track your progress every day. You'll be amazed at how far you'll have walked in just a short time.
- **Walk at work.** Take a stroll during lunch with a friend or coworker. It's a great time to solve problems or just take a break from the office.
- **Listen to music, a favorite talk show, or a stimulating podcast.** Who says you can't get things done while you exercise?
- **Find a new route.** Why walk the same route every day? Take a more interesting turn...mix it up...and get a whole new look at your neighborhood.

INShape Indiana...

...is a program to help Hoosiers eat better, stop smoking, and live more active, healthy lifestyles. Since its inception, more than 60,000 have joined Governor Mitch Daniels in his quest to help Indiana become the healthiest state in the nation.

Find out more today at inshape.IN.gov—or call us at 1-800-433-0746. *Log on—and lighten up!*



READY, SET, WALK!

A walking
program for better
health.



READY, SET, WALK! LOGSHEET

Use this walking log as a way to keep track of your progress in conjunction with the 12 week program from INShape Indiana. Go to www.inshape.IN.gov for information on the benefits of walking, proper equipment (shoes, apparel, etc.), ways to get and stay motivated, and how to incorporate more walking into your daily routine. The walking program will include nutrition information prepared with the help of a registered dietitian, a “community corner” listing organized walks in your area, and stories of people who have achieved their health goals through walking.

Instructions: Record your distance in either miles or steps, and the time you spend walking, every day for 12 weeks.

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